

# Good Times Senior



## Celebrating June

**Skyscraper Month**

**International Men's Month**

**Camping Month**

**Milk Week**

*June 1–4*

**The Wicket World of Cro-  
quet Day**

*June 3*

**Corn on the Cob Day**

*June 11*

**Worldwide Day of Giving**

*June 15*

**Father's Day**

*June 18*

**Pink Flamingo Day**

*June 23*

**Day of the Seafarer**

*June 25*

## The Deep Blue Sea



When you consider the massive size and global influences of the oceans on our planet, you realize that there is much to celebrate in June during Oceans Month. It is a commonly cited statistic that 71% of Earth's surface is ocean. It is less known that anywhere from 50–80% of all life on Earth is found under the ocean's surface. After all, the ocean constitutes 99% of Earth's living space and, amazingly, humans have explored only 10% of these vast depths. Some say that we know more about the moon than these uncharted reaches.

The majority of the ocean is the "deep sea," a cold, dark, and pressurized area 1,000 meters below the surface. Light cannot penetrate to these depths, yet this part of the ocean is home to an abundance of life. The fish and organisms that live here depend on the organic matter that sinks down from above, falling like a life-giving snow. Many deep-sea fish are bioluminescent, which means that they can create light with their bodies. Deep-sea fish also conserve as much energy as possible and do not move much, lying in wait for their food rather than hunting for it. The deep sea is a harsh environment where only the most perfectly adapted organisms can survive. Humans have only ventured to these reaches in advanced submarines.

Yet it is not impossible to witness these amazing creatures up close. June is also Aquarium Month, and aquariums have finally developed technologies that mimic deep-sea habitats. Scientists have created the "abyss box," a tank that mimics the punishing conditions of the deep sea: absence of light, harsh cold, and crushing pressure the likes of carrying the weight of a jumbo jet. The tiny, highly pressurized tank has six-inch-thick walls, holds only five gallons of water, and weighs 1,300 pounds. In it we can now see deep-sea crabs and shrimp, angler fish, and other mysterious creatures of the deep.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">JUNE 2017</h1> <h2 style="text-align: center;">Brunswick Senior Center</h2>						
<b>Celebrating Birthdays</b> Lloyd F 7 Ruth G 9 Jennifer C 13 Sherri 21 Brenda H 21	<b>CENTER CLOSED</b>	5:00 Strength Tr 10:00 Cards 10:30 Wii 1:00 Puzzle 5:00 Rummikub	10:00 Card Games 11:00 Program w/Joy 12:45 Bingo	9:00 Strength Tr 10:00 Card Games 11:00 Library 1:00 Local shopping	10:00 Games 10:30 Walking Group 11:15 Chair YOGA 1:00 Groceries For Seniors at DOA	Department of Aging trips for JUNE:  June 9 – Morvan Park Leesburg, VA
<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	9:00 Strength Tr 10:00 Cards 10:30 Wii 1:00 Puzzle 5:00 Card Party	10:00 Card Games 10:30 Nurse Steve "How do I care for this skin I'm in?" & Blood Pressure 12:45 Bingo	9:00 Strength Tr 10:00 Card Games 11:00 Library 1:00 Local Shopping	10:00 Games 10:30 Walking Group 11:15 Chair YOGA 12:00 Father's Day Lunch 1:00 Corn Hole	June 16 – Lincoln & the Limited Express  For reservations or more details about trips please see trip flyer or call for more details 301-600-1605 Reservations can now be made online at <a href="http://frederickcountyymd.gov.3dcartstores.com/">http://frederickcountyymd.gov.3dcartstores.com/</a>
<b>Happy Father's Day</b>	<b>CENTER CLOSED</b>	9:00 Strength Tr 10:00 Cards 10:00 Food Drop 10:30 Wii 11:45 Nutrition 1:00 Puzzle 5:00 Bingo Party	10:00 BINGO 11:30 Lunch Out with Friends Celebrate Birthdays	9:00 Strength Tr 10:00 Card Games 11:00 Library 1:00 Local Shopping	10:00 Games 10:30 Walking Group 11:15 Chair YOGA 1:00 Corn Hole	24
<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	9:00 Strength Tr 10:00 AARP Driving Class 10:30 Cards 10:30 Wii 1:00 Puzzle 5:00 Card Party	10:00 Card Games Educare students visiting for the day 12:45 Bingo 1:15 Ice Cream Sundaes	9:00 Strength Tr 10:00 Card Games 11:00 Library 1:00 Local Shopping	10:00 Games 10:30 Walking Group 11:15 Chair YOGA 1:00 Corn Hole	

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve a meal.</p>				
5 <b>CENTER CLOSED</b>	6 Navy Bean Soup Turkey & Cheddar On Wheat Bread Lettuce & Tomato Pickled Beets Mandarin Oranges	7 Pot Roast of Beef w/Gravy Buttered Noodles Greek Style Salad w/Feta Diced Peas Whole Wheat Roll	8 <b>CENTER CLOSED</b>	9 Tomato Soup Tuna Salad Sandwich On Whole Wheat Bread Lettuce & Tomato Fresh Coleslaw Applesauce
12 <b>CENTER CLOSED</b>	13 Burger w/Swiss Cheese On Hamburger Roll Lettuce & Tomato Maple Glazed Carrots Fresh Broccoli Slaw Cinnamon Apples Cinnamon Snap	14 Beef Stroganoff Whole Grain Parslied Noodles Green Beans Sliced Apples Dinner Roll	15 Chicken Breast w/White Wine Sauce Squash Casserole Garlicky Lentil Salad Wheat Bread Pineapple Tidbits	16 Roast Beef Eye Round Red Potato Chunks Harvard Beets Tossed Salad w/Ranch Dinner Roll Fresh Melon Cherry Pie w/Topping
19 <b>CENTER CLOSED</b>	20 Hamburger Hamburger Roll Cheddar Cheese Fresh Pepper Slaw Applesauce	21 Nacho Taco Platter w/Fresh Romaine, Tomato Salsa, Cheddar Cheese, Sour Cream Mexican Rice Cinnamon Apples	22 Lentil Soup Turkey Sandwich on Rye With Sliced Swiss Lettuce & Tomato Copper Pennies Diced Peas	23 Hearty Beef Stew w/Veggies & Potatoes Diced Peaches Whole Wheat Bread Chocolate Pudding
26 <b>CENTER CLOSED</b>	27 Roast Turkey w/Gravy Mashed Potatoes Seasoned Spinach Pickled Beets Dinner Roll Tropical Fruit	28 Pork Dijon Cut Sweet Potatoes Braised Red Cabbage Whole Wheat Roll Diced Peas	29 Split Pea Soup Tuna Salad on Rye Bread Lettuce & Tomato Fresh Broccoli Slaw Peach Crisp	30 Chicken Stew w/Peas & Carrots Yellow Rice Pilaf Cinnamon Applesauce Dinner Roll

~Menus subject to change~

~Milk and Juice are served with every meal~





## Everything's Coming Up Roses

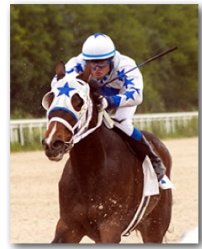
Roses have long been grown for their beauty and fragrance. But roses have also been used as powerful symbols for ages. Perhaps it is because of their dual nature: the dangerous thorns and the beautiful flower. This June, Rose Month, take the time to contemplate the symbolism of the rose. Both the ancient Egyptians and Greeks considered the rose a symbol of silence and secrecy. The Latin phrase *sub rosa*, or “under the rose,” denotes secrecy and confidentiality. Roses adorned the ceilings of dining halls in ancient Rome. Anything said under the influence of wine was considered to be kept confidential. Similarly, roses were hung from the ceilings of council chambers, a reminder of secrecy for all those present. Roses have also been used as emblems by secret societies like the Rosicrucians and royal houses such as Tudor, Lancaster, and York.

Red roses are also symbols of love, beauty, and virtue. We must again look to ancient Greece, where the red rose was connected to Aphrodite, the Greek goddess of love. When Aphrodite's true love, Adonis, was injured by a wild boar, she mixed his blood with her tears to create the red rose, an enduring symbol of their love. Later, the rose became a symbol of the Virgin Mary in Christianity. It was believed that roses in the Garden of Eden were thornless, but after the fall of Adam and Eve they grew thorns. Thorns came to represent Original Sin. Mary, born of the Immaculate Conception and without Original Sin, came to be known as the “rose without thorns.” While the rose symbolizes the paradise of Eden, its thorns symbolize suffering and grief.

Over the years, the color of a rose has come to have different meanings. Red roses are for love and passion; pink are for gratitude; yellow are for friendship; and white are for spirituality and purity. Any way you color it, roses have long been powerful messengers.

## Heart of a Champion

On June 9, 1973, Secretariat secured his place in sports history by winning the Belmont Stakes and completing the elusive Triple Crown. And Secretariat did not just win—the horse won by a record 31 lengths. Jockey Ron Turcotte claims to have lost control of the horse and insists that Secretariat powered himself to the astounding victory. Some consider Secretariat one of the greatest athletes of all time. The sports television network ESPN ranks the horse 35th on its list of greatest athletes, ahead of baseball great Mickey Mantle and basketball superstar Julius “Dr. J” Erving. What made Secretariat the “Horse of the Century”? After he died, an autopsy revealed that Secretariat's heart was twice the size of the average horse's, weighing an estimated 22 pounds. Many speculate that it was this physical abnormality that propelled Secretariat to greatness. It is fitting that Secretariat had such a big heart. By all accounts he was not only a champion but also gentlemanly amongst other horses and playful with his handlers. If Secretariat's heart was big, then the hearts of his fans, too, must have swelled with pride at his sprint for the Triple Crown.



## Old Maid to Order

It began as a prank on June 4, 1948, when Marion Richards secretly distributed greeting cards and bouquets to all the unmarried women age 30 and over at her workplace. When her colleagues asked her what was going on, she told them it was Old Maid's Day. That same night, married women and younger women threw Richards and her “old maid” friends a surprise party. Richards was declared the holiday's founder, and Dora McCracken was elected secretary and historian. It did not take long before Old Maid's Day was being celebrated in communities across the country. June may be the month of weddings, white lace, and bouquets, but Old Maid's Day celebrates the single woman with a holiday of her own.



## Social Media Matters



Social media. It is a force that is redefining human communication and our sense of interdependence. In this sense, every day is Social Media Day, but its holiday is celebrated on June 30.

*There are 2.3 billion active social media users in the world.*

Social media begins with the Internet. Thanks to our wirelessly connected world,

people are now able to access the Internet wherever they go, through their cell phones, computers, and other electronic devices. About 20% of our time online is spent visiting social media sites such as Facebook, Twitter, YouTube, Pinterest, Instagram, and others. Some of these sites allow us to share pictures and videos.

Others allow us to share personal comments and opinions. Some are used for professional networking. Some are dedicated to shopping, cooking, or other hobbies. The point of social media is to connect people. Groups that used to be out of contact due to distance or isolation can now be connected via the Internet. People can now find each other, share, and collaborate faster than ever before in history, and the effects this new connectedness has on human culture are substantial.

Once upon a time, members of obscure subcultures stuck to their small groups. Today, any member of one of these subcultures can become part of a massive community at the click of a button. Artists separated by continents can collaborate. Unknown individuals can become overnight Internet sensations.

Inventors and entrepreneurs no longer need storefronts to sell their unique products to the masses, but experts warn that social media is a double-edged sword. It is a powerful force for connection, but it can also be damaging, especially to young people. Perhaps Social Media Day on June 30 should be a day to encourage teens (and remind adults) to wield the power of social media wisely.

## Say Sooie!



*Sooo-ie!* June 14 is Pig Callers Day. While the University of Arkansas has all but trademarked their “Woo Pig Sooie” cheer to encourage their beloved Razorbacks, do real pig

farmers call “sooie” to their pigs? True hog calling sounds as you’d expect: grunts and squeals. Calls are varied and depend on your strategy. Male calls lure males who want to fight for territory. Female calls are used to lure a mate. Piglet distress calls are meant to alert adult pigs. So why has “sooie” become the default pig call of choice? Perhaps it comes from the word *sow*, which is the term for a female pig. Or maybe it comes from the word *suidae*, which is the Latin classification for the scientific family of pigs. No doubt about it, hog calling competitions are often more about fun than accuracy, so “sooie” it is!

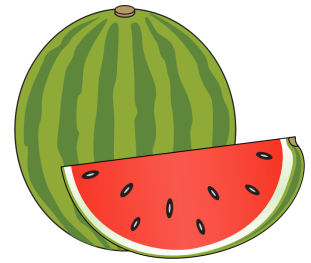
## Mountain-Sized Measurements

Mount Everest gets all the press as the world’s tallest mountain, but Mount Chimborazo in the Andes in Ecuador may be larger, depending on your perspective. We should all be open to this possibility on June 3,



Chimborazo Day. Measured from sea level, the height of Mount Everest is 29,029 feet, while Mount Chimborazo is 20,549 feet. However, when measured from the center of Earth, Chimborazo is actually farther away. How can this be? Earth is not perfectly round; our planet bulges at the equator. Since Chimborazo lies near the equator on this bulge, it is 3,967.1 miles from the center of Earth. Everest, which does not sit near the equator, is 3,965.8 miles from Earth’s center, a little over a mile shorter by distance. Which mountain is bigger? You decide.

# 10 Health Benefits of Watermelon



Watermelon can bring back memories of summer and thoughts of sweet, wet deliciousness. But it's also good for you. How so? Read on to discover the health benefits of watermelon.

**1-Prostate cancer:** Watermelons contain lycopene, the pigment that gives them their red color on the inside. Some studies have suggested consuming plenty of lycopene actually can lower the chances of a person contracting prostate cancer.

**2-Immune system:** Watermelon also contains an amino acid known as citrulline, which the body can metabolize into an amino acid called arginine. Why is this important? Because arginine helps to build up nitric oxide in the body. And nitric oxide helps to boost the body's immune system. Watermelon also has its fair share of Vitamin C, which also works to boost the immune system.

**3-Impotence:** Remember that arginine that helps to create nitric oxide in the body? Guess what? It's also good for relaxing blood flow. Studies have shown that arginine can actually help to improve upon impotence in men. So guys, get to eating some watermelon for your arginine.

**4-Sight:** Vitamin A is good for healthy eyesight and improving eyesight. Do you know what contains lots of Vitamin A? That's right. Watermelon.

**5-Heart disease:** Those amino acids in watermelon not only relax the blood flowing through the veins, but they also help to maintain the strength of the arteries. That lycopene mentioned above also works as an anti-oxidant in the bloodstream, working to defeat damaging cells.

**6-Blood pressure:** Potassium is important for maintaining a healthy blood pressure, in part because the potassium combats sodium in the body. Sodium tends to hold fluid in the body, which is not a good thing for those with high blood pressure and possibly heart disease. Watermelon has plenty of potassium, thus making it a great natural food for cleaning sodium out of the body and helping with blood pressure. As always, if you believe you are suffering from high blood pressure or any other ailment, make sure to contact your physician. And who knows? Maybe your doctor will suggest a diet rich in watermelon.

**7-Losing weight:** Yes, something as good tasting as watermelon is fantastic for losing weight. Watermelons contain no fat and are low in calories. That, combined with all the vitamins in watermelon, make this fruit an excellent choice in the battle of the bulge.

**8-Teeth and gums:** Did you know watermelon can help to strengthen and actually clean to a small extent your teeth and gums? How is this possible? It's all the Vitamin C in watermelon.

**9- Energy:** Feeling a little tired? Maybe you need a pick-me-up at the end of a long day's work? If so, skip the caffeinated drinks. Watermelon is what you want. Watermelon has loads of B Vitamins, and B Vitamins work to boost the body's energy levels.

**10-Kidney stones:** Potassium was mentioned above for helping blood pressure. But potassium is also good at helping the body to prevent kidney stones from occurring. If you're worried about kidney stones, talk to your doctor about trying watermelon, which has lots of potassium.



# Father's Day IQ

## Test your Father's Day knowledge!

1. In what year was the first Father's Day celebrated?  
A. 1900                                      B. 1910  
C. 1920                                      D. 1930
  2. Who was first given the title "Father of His Country"?  
A. Paul Revere                                B. George Washington  
C. Emperor Augustus                        D. Julius Caesar
  3. Who proposed the idea of a Father's Day?  
A. Sonora Dodd                                B. Anna Jarvis  
C. Ronald Reagan                             D. Harriet Beecher Stowe
  4. Father's Day is celebrated on:  
A. The first Sunday in June                B. The second Sunday in May  
C. The third Sunday in June                D. The third Sunday in May
  5. Who played Ward Cleaver on the television show *Leave It to Beaver*?  
A. Harrison Ford                               B. Michael Landon  
C. Robert Redford                             D. Hugh Beaumont
  6. True or false? The number of "stay at home dads" has declined in the last 15 years.
  7. What was the name of Little Orphan Annie's adopted father?
  8. Who played the father in the original *Father of the Bride* and in the 1991 remake?  
A. Bing Crosby and Martin Sheen          B. Gene Kelly and Harrison Ford  
C. Frank Sinatra and Arnold Schwarzenegger  
D. Spencer Tracy and Steve Martin
  9. Who played father Mike Brady in the 1960s sitcom *The Brady Bunch*?  
A. Henry Fonda                                B. Pernell Roberts  
C. Robert Reed                                 D. Tim Allen
  10. What is the only male animal that carries its unborn young?  
A. Seahorse                                     B. Dog  
C. Horse                                         D. Duck
  11. What character did A.A. Milne create for his son Christopher Robin?  
A. Ebenezer Scrooge                         B. The Grinch  
C. The Velveteen Rabbit                     D. Winnie the Pooh
  12. Who is considered "The Father of Evolution"?  
A. Charles Darwin                             B. Galileo  
C. Isaac Newton                                D. Albert Einstein
  13. Who was Scout's father in *To Kill a Mockingbird*?  
A. Bob Cratchit                                B. Perry Mason  
C. Atticus Finch                                D. Don Corleone
  14. True or false? Danny Thomas played the father in *Make Room for Daddy*.



# Answers

1. (B) 1910.
2. (C) Emperor Augustus. He was given the title *Pater Patriae*, which means "Father of the Fatherland" in Latin.
3. (A). Sonora Dodd. She is known as "The Mother of Father's Day."
4. (C) The third Sunday in June.
5. (D) Hugh Beaumont.
6. False. The number has nearly doubled. According to the Pew Research Center, stay at home dads rose from approximately 1.1 million in 1989 to approximately two million in 2014.
7. Daddy Warbucks.
8. (D) Spencer Tracy and Steve Martin.
9. (C) Robert Reed. Florence Henderson played the mother.
10. (A) Seahorse. They mate for life.
11. (D) Winnie the Pooh. The character was based on Christopher Robin's stuffed bear.
12. (A) Charles Darwin. He published his theory of evolution in his book *On the Origin of Species*.
13. (C) Atticus Finch. He is the father of Scout and Jem in the famous Harper Lee novel.
14. True. *Make Room for Daddy* aired from 1953 to 1965. Marjorie Lord also starred.





# What Am I?

## A featured mystery object of the month

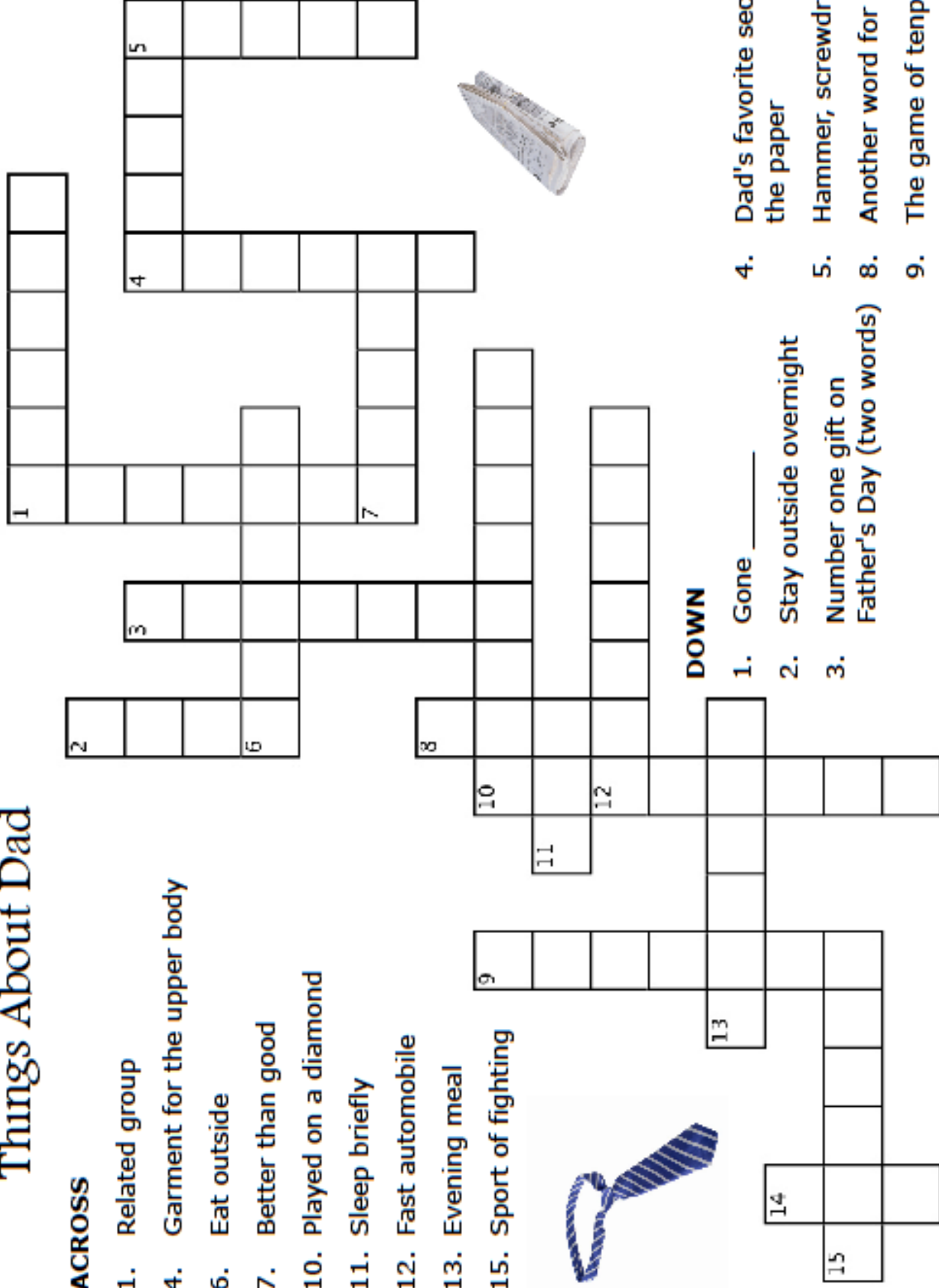
**Do you know what I am?** Here are some clues:

1. I've been around in one form or another since 3000 B.C.
2. The ancient Sumerians made me out of animal fat and wood ashes.
3. A product similar to what's used now was first developed in England in the early 19th century.
4. Through the years, I've been made into tablets and cakes.
5. I was first packaged in a tube in the 1920s.
6. After World War II, I was put into an aerosol can.
7. I was made into a gel in the 1970s.
8. These days, I'm most often found in the bathroom or shower.
9. Once used almost exclusively by men, I was formulated specifically for women in 1986.
10. I'm similar to soap, but I'm not exactly soap, and I have a different purpose.
11. One of the most important things I do is provide lubrication.
12. The majority of men in the United States use me in the morning, although some use me again in the evening.
13. I've been the subject of many national advertising campaigns; one particularly successful campaign featured roadside signs.
14. About 90 percent of American men use me at least once a day.
15. The average American male starts using me between the ages of 14 and 16 years old.
16. Using me is something of a ritual symbolizing one's manhood.
17. Some people use me for pranks, but I have a number of other "good" uses in addition to my main purpose.
18. Even though I look like something you'd put a cherry on top of, don't try and eat me.
19. I am white, foamy, and generally smell good.
20. Men with both moustaches and beards avoid using me altogether.

# Things About Dad

## ACROSS

1. Related group
4. Garment for the upper body
6. Eat outside
7. Better than good
10. Played on a diamond
11. Sleep briefly
12. Fast automobile
13. Evening meal
15. Sport of fighting



## DOWN

1. Gone \_\_\_\_\_
2. Stay outside overnight
3. Number one gift on Father's Day (two words)
4. Dad's favorite section in the paper
5. Hammer, screwdriver, saw
8. Another word for dad
9. The game of tenpin
10. Cook on a grill
14. Played on a course

## Man Cave Detective



### Man Cave Detective ~ Search for the items in bold.

The grandkids made Grandpa Joe a sanctuary filled with love and treasures so fun. They unlocked the garden shed with a **key** and made it the best hiding place under the sun.

**Rope**, **pliers**, and a **screwdriver** were stashed to make room for cool things in the man cave, Like **4 magazines**, a **TV Guide**, and **2 TV remotes** for a broken telly Gramps repaired and saved.

The kids found Gramps' old **tennis racket** and **fishing net**, so off to the cave the goods went.

Included were **5 chess pieces**, **6 poker chips**, and a **deck of cards** for future game night events.

They set Gramps' golf bag in the corner and hid **3 lucky golf balls** and a **tee** in a pocket on the side.

They set **2 toy soldiers** next to a filled **pipe**, then stuck a **Superman decal** on the window with pride.

With excitement, the kids finished transforming the shed with a **tape player** sounding old tunes.

They prepared beverages for when Grandpa Joe returns home sometime late afternoon. Not knowing what he would like, they poured hot chocolate into a **thermos** and Kool-Aid into a **canteen**. They had his favorite **beer stein** ready to pour a cold **Coke** in case he needed caffeine.

Soon Grandpa pulled up with radio blaring in his restored '67 Mustang so sweet,

Accompanied by Duke, his trusty hound dog, fast asleep in the front seat.

The kids ran to the car yelling, "Come with us, Gramps, to see your surprise."

"Is this Gram's idea of the 'dog house' for me?" he asked. "If so, it's a sight for sore eyes!"



# Random Trivia

1. What actress played Rose Sayer in the 1951 film *The African Queen*?
2. What Italian artist sculpted *David* and the *Pietà*?
3. What British monarch had the second-longest reign?
4. The quotation "Hitch your wagon to a star" is attributed to what famous poet?
5. What NFL quarterback recently won his fifth Super Bowl championship and now holds the record for the most championships?
6. What does the Roman numeral LI equal?
7. What piece of playground equipment is also known as a teeter-totter?
8. The "jewel in the crown" is associated with what sport?
9. What kind of bird is related to the ostrich and is native to Australia?
10. What period came first: the Space Age or the Information Age?
11. Marshal Matt Dillon was a character in what long-running western series?
12. In what ocean did the R.M.S. *Titanic* sink?
13. What color is formed from the absorption of all light?
14. What does *UNICEF* stand for?
15. What literary genre uses futuristic science, time travel, and technology for subject matter?
16. What bird is pictured on the Canadian one-dollar coin?
17. What are phalanges better known as?
18. What does *nada* mean in Spanish?
19. What is the capital of Kenya?
20. In what country was the setting of the musical *The King and I*?
21. How many years of marriage are celebrated as the tin wedding anniversary?
22. Which candy was made first: Hershey's Kiss or Milky Way?
23. Who was known as the messenger of the ancient Greek gods? Hint: He was the son of Zeus.
24. What temperature scale is used in Canada?
25. What kind of animal is a leghorn?
26. What children's drink is made with ginger ale, grenadine, and a maraschino cherry?
27. For what sport is Monica Seles famous?
28. What substance did nursery rhyme character Jack Sprat have to avoid eating?
29. What is the most western province of Canada?
30. What are the three colors of the French flag?

1. **Answer:** Katharine Hepburn. She starred opposite Humphrey Bogart, who won the Academy Award for Best Actor for his performance. Hepburn was nominated but did not win.

2. **Answer:** Michelangelo. *David*, which symbolizes the biblical David, is one of the most recognizable statues in the world. Michelangelo completed the *Pietà* before *David*. The former is the only piece of artwork bearing Michelangelo's signature.

3. **Answer:** Queen Victoria. She reigned for 63 years. Queen Elizabeth II surpassed Queen Victoria in September of 2015.

4. **Answer:** Ralph Waldo Emerson. The quotation is from his essay "Civilization."

5. **Answer:** Tom Brady. The quarterback led the New England Patriots to victory over the Atlanta Falcons in Super Bowl LI.

6. **Answer:** 51. L equals 50, and I equals one.

7. **Answer:** Seesaw. Handles have been added to modern seesaws to make them safer.

8. **Answer:** Horse racing. The expression refers to a victory in one of the Triple Crown races. There are three jewels—the first is the Kentucky Derby, the second is the Preakness Stakes, and the third is the Belmont Stakes.

9. **Answer:** Emu. The emu is the largest bird in Australia and second largest in the world. The ostrich has the distinction of being the largest bird.

10. **Answer:** Space Age. The Space Age covers the events related to space exploration in the 1950s and 1960s. The Information Age refers to the advancement of technology related to computers and the Internet, which began in the 1970s.

11. **Answer:** *Gunsmoke*. The western started as a radio series but then went to television in 1955. *Gunsmoke* remained on the air for 20 years. William Conrad played Matt Dillon on the radio series. James Arness played the character on the television show.

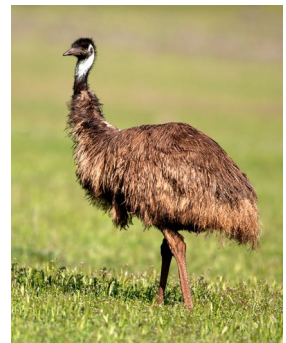
12. **Answer:** The Atlantic Ocean. The ocean liner sank in the northern Atlantic Ocean about 400 miles off the coast of Newfoundland, Canada.

13. **Answer:** Black. The color black has been used in art dating back to approximately 17,000 years ago. The color has been found in cave drawings.

14. **Answer:** United Nations International Children's Emergency Fund. It was formerly known by this full name when the fund was established in 1946. It is now known as the United Nations Children's Fund.

15. **Answer:** Science fiction. Isaac Asimov (*I, Robot*), H.G. Wells (*The War of the Worlds*), and Ray Bradbury (*Fahrenheit 451*) are some wellknown science-fiction authors.

16. **Answer:** Loon. The Canadian coin is called the "loonie" because of the image.



17. **Answer:** Fingers and toes. There are three phalanx bones in each finger and toe except for the thumb and big toe, which have only two.

18. **Answer:** "Nothing." The word is *rien* in French and *nichts* in German.

19. **Answer:** Nairobi. It is also the largest city in Kenya. The Nairobi National Park is the largest animal reserve of its kind found in a major city.

20. **Answer:** Siam (now Thailand). The musical is based on the book *Anna and the King of Siam*. It was adapted from the musical into a film in 1956 and again in 1999.

21. **Answer:** Ten. Wood is five years; crystal is 15 years.

22. **Answer:** Hershey's Kiss. It was created in 1907. The Milky Way was introduced in 1923.

23. **Answer:** Hermes. He was known as the messenger because he could travel to heaven, the sea, and the underworld to deliver messages.

24. **Answer:** Celsius or centigrade. Most countries use the Celsius scale.

The United States, the Cayman Islands, Belize, and the Bahamas use Fahrenheit.

25. **Answer:** Chicken. The leghorn breed originated in Italy. It produces white eggs and can lay approximately 280 eggs per year.

26. **Answer:** Shirley Temple. According to many sources, the real Shirley Temple, "America's sweetheart" and 1930s child star, did not like the drink.

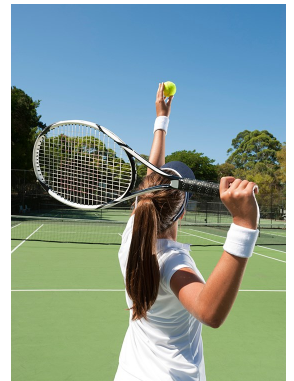
27. **Answer:** Tennis. The Yugoslavian tennis player won nine Grand Slam singles tournaments. She holds the distinction of being the youngest winner of the French Open. She was only 16 years old when she beat Steffi Graf in 1990.

28. **Answer:** Fat. According to the nursery rhyme, "Jack Sprat could eat no

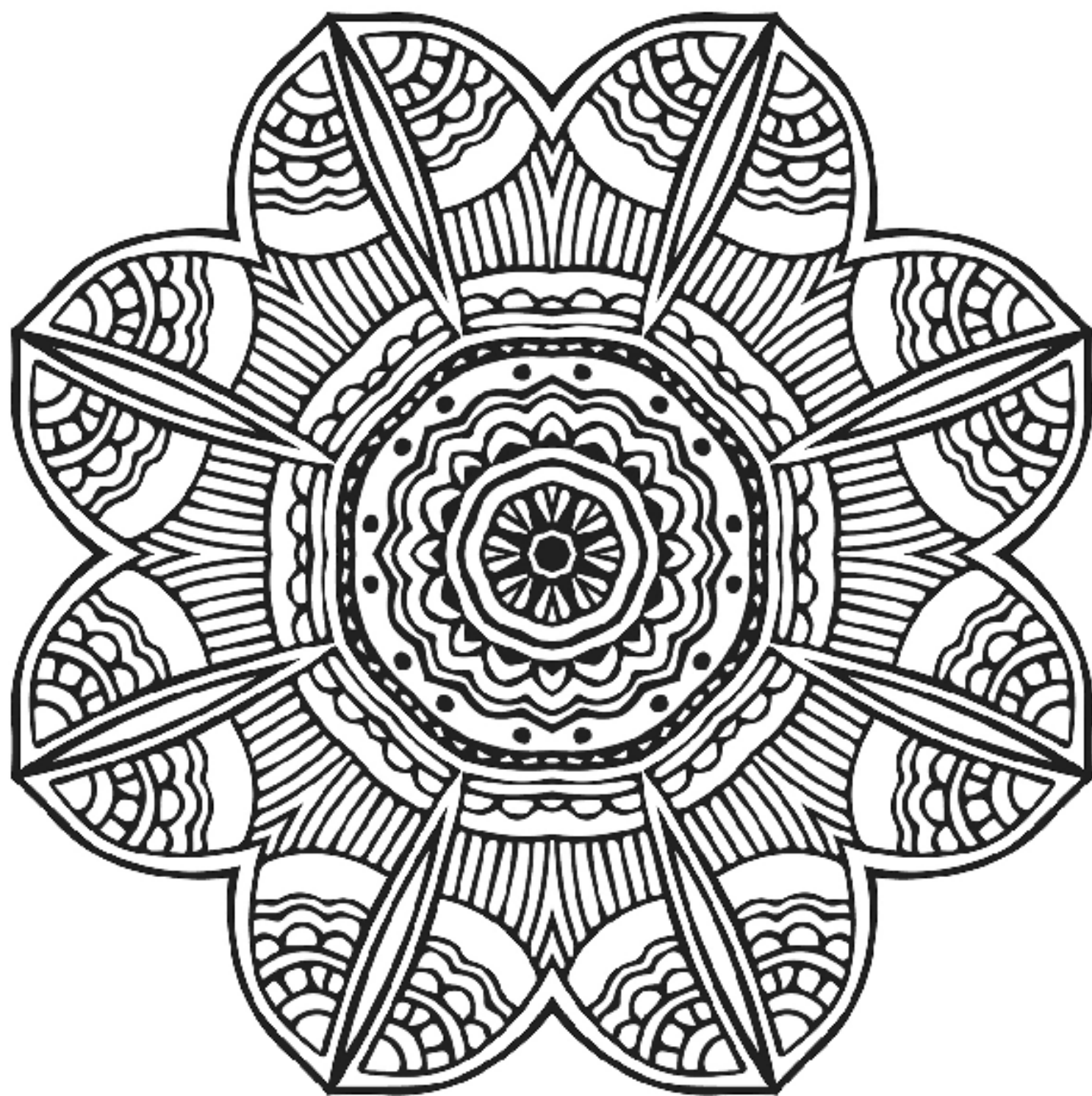
fat, his wife could eat no lean. And so between the two of them, they licked the platter clean."

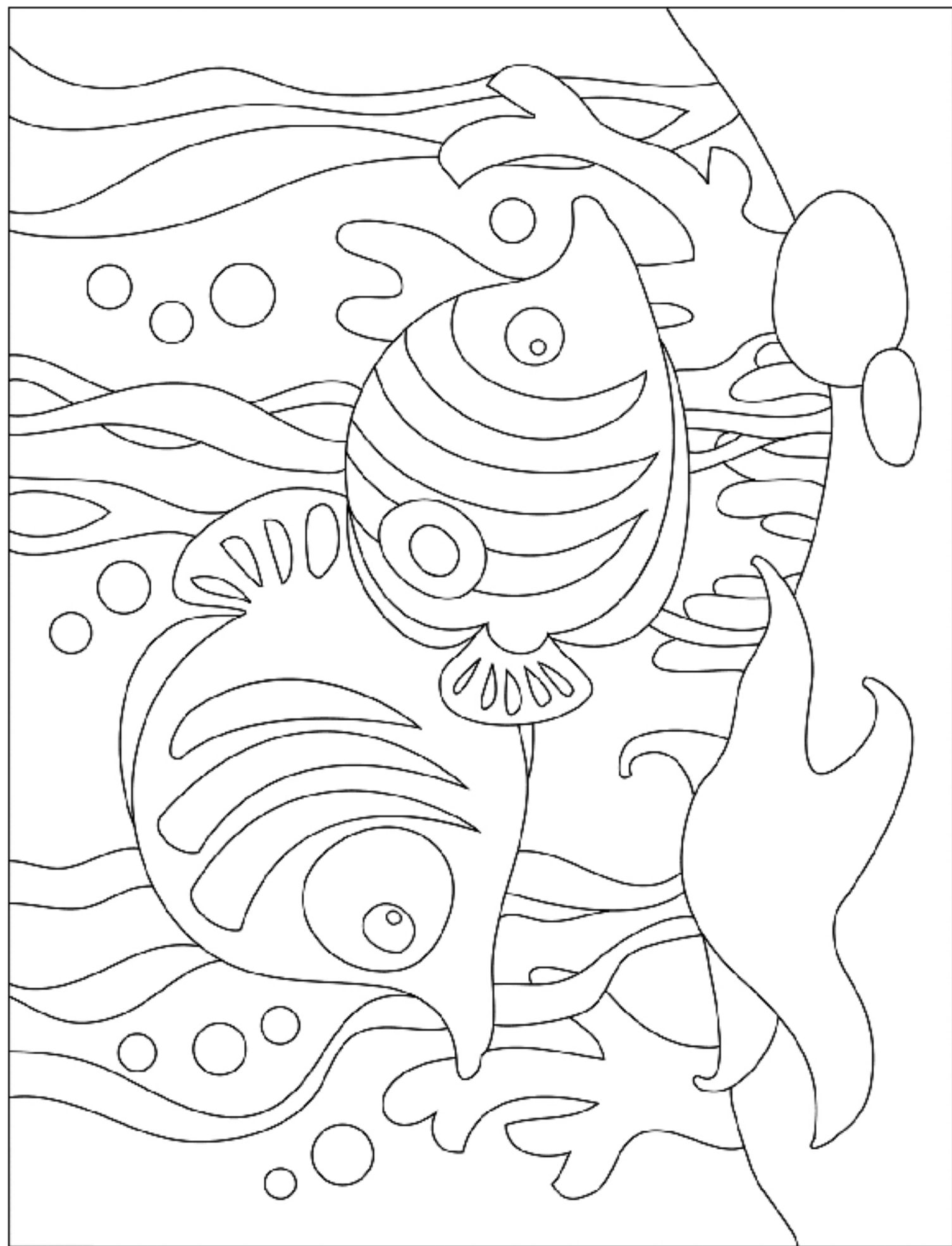
29. **Answer:** British Columbia. Other provinces located in western Canada include Alberta, Saskatchewan, and Manitoba.

30. **Answer:** Blue, white, and red. Chile, Liberia, the United States, Slovakia, and the Czech Republic are a few other countries whose flags have the same colors.









# Spinning Suncatcher

Thread translucent beads onto coiled wire to make a colorful suncatcher that spins in a gentle breeze.

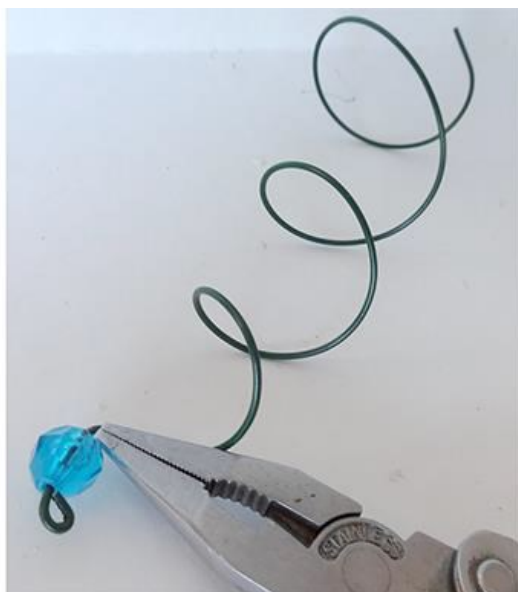
## You will need:

- 16-gauge floral wire or wire coat hanger (16" to 18" long)
- Translucent plastic beads in various sizes, shapes, and colors, including clear (1/8" to 1/2" diameter)
- Needle-nose pliers
- 0.77-ounce glue stick
- Bowl or plate to hold beads
- Fishing line or string



## Directions:

1. Using needle-nose pliers, clamp one end of the wire against the bottom of the glue stick and coil the wire around it as shown below.



2. Remove the glue stick and stretch the coil to make it about 8" to 9" tall. Expand the top coil so it has about a 2" diameter and leave the bottom coil with a 1" diameter. Your spiral should be wider at the top and narrower at the bottom as illustrated in our final example.

3. Slide a bead onto the bottom of the spiral. Then use pliers to bend the wire to keep the bead in place as shown on the previous page.

4. String beads onto the wire until there's only 1" of wire exposed at the top of the spiral. Use pliers to make a loop as shown in the right-hand photo on the previous page.

5. Tie fishing line or string to the top loop and hang your suncatcher in a window or outside on a patio. A gentle breeze will make the spiral spin.



# A Reel Good Time

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Unscramble the remaining letters to complete the fish proverb.



ALBACORE

ANCHOVY

CATFISH

COD

EEL

FLOUNDER

HADDOCK

HALIBUT

HERRING

KINGFISH

MACKEREL

MAHI-MAHI

MARLIN

PERCH

PIKE

ROUGHY

SALMON

SHARKS

SMELT

SNAPPER

SUNFISH

TROUT

H	C	R	E	P	F	E	E	I	H	G	A
D	T	U	O	R	T	R	E	H	A	N	N
R	E	D	N	U	O	L	F	A	D	I	C
I	M	H	O	C	G	N	R	M	D	R	H
L	F	H	A	A	O	H	H	I	O	R	O
S	E	B	S	M	C	A	Y	H	C	E	V
H	L	R	L	I	L	A	F	A	K	H	Y
A	D	A	E	I	F	P	T	M	L	E	E
R	S	O	B	K	I	N	G	F	I	S	H
K	E	U	C	K	C	T	U	L	I	I	I
S	T	R	E	P	P	A	N	S	M	S	E
M	A	R	L	I	N	S	M	E	L	T	H

Give a man a fish and you feed him for a day.  
Teach a man to fish and you

— — — — — — — — — —

— — — — — — — — — —

# Fish or Cut “Bait”

Use the clues to reveal words that rhyme with *bait*.

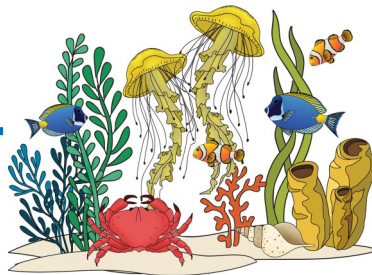


1. Had lunch \_\_\_\_\_
2. Use the rink \_\_\_\_\_
3. Bide one's time \_\_\_\_\_
4. Writing tablet \_\_\_\_\_
5. Destiny \_\_\_\_\_
6. Shipping container \_\_\_\_\_
7. Palm fruit \_\_\_\_\_
8. Dish \_\_\_\_\_
9. Shred cheese \_\_\_\_\_
10. Scale's reading \_\_\_\_\_
11. Fence opening \_\_\_\_\_
12. Assess \_\_\_\_\_
13. Tardy \_\_\_\_\_
14. Cargo load \_\_\_\_\_
15. Characteristic \_\_\_\_\_
16. Husband or wife \_\_\_\_\_
17. Unbending \_\_\_\_\_
18. Washington, for one \_\_\_\_\_

## Cathy's Corner

Happy Fathers Day! In this issue we celebrate Fathers with lots of fun games and trivia. Time to get outside and go fishing or take in a baseball game, enjoy!

Coming up in next issue will be information about a special event held at the Frederic Senior Center honoring our Veterans as well as resources available to them. Brunswick Senior Center will be hosting their annual picnic and all are invited and welcomed.



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## Fish or Cut "Bait"

(solution)

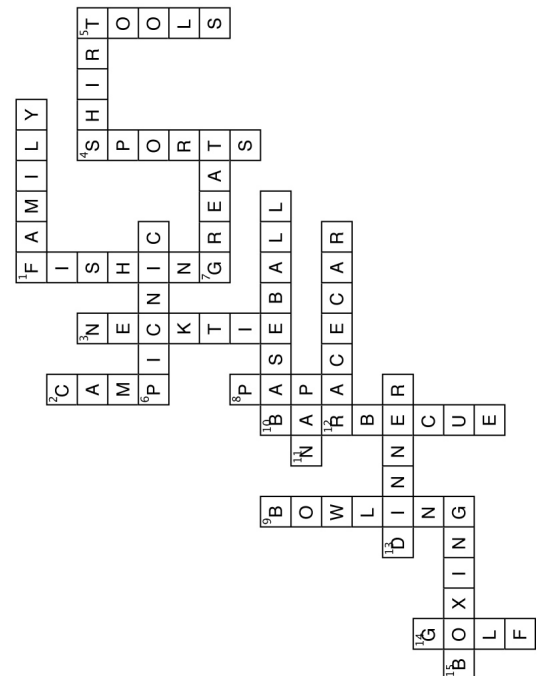
1. ate
2. skate
3. wait
4. slate
5. fate
6. crate
7. date
8. plate
9. grate
10. weight
11. gate
12. rate
13. late
14. freight
15. trait
16. mate
17. straight
18. state

## A Reel Good Time Puzzle solution

Remaining letters:  
F E D E I M H O R F A  
F E T L I I M E

Proverb: "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."

## Things about Dad Puzzle solution



whisker away from guessing what I am. That's right—I'm shaving cream.

Can you guess what I am? With all these hints, you're probably just a